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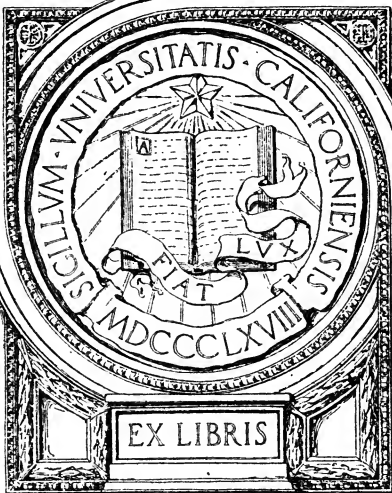
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REALIZATION



*“The mind must be master
of the body.”*

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This little book was written to encourage reckless, discouraged and gloomy people—to promote the health, happiness and beauty of all who read it. The object is certainly laudable and if it proves beneficial to even a small number of persons, the author will consider himself amply compensated for his effort.

1918

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REALIZATION!

A THOUGHT may change the course of life. The life of many people who are gradually drifting into ruin would be changed into one of happiness and prosperity, if they would only pause and seriously consider conditions affecting them.

Three forces or influences largely control and shape the life and destiny of every person. The first, perhaps, is inherited traits and tendencies, the condition that is naturally imposed upon all by parents and ancestors—the second is

REALIZATION

environment; and the third, I will say, is habit.

We come into this world burdened with the imperfections of many generations. The responsibilities of parentage are very great, and seldom well understood or appreciated. The sins of parents are visited upon their children even "to the third and fourth generations." Children generally look like and inherit the traits, instincts and characteristics of parents and grandparents. This is an admitted fact. The mental as well as the physical traits, characteristics and con-

R E A L I Z A T I O N

ditions of parents are transmitted to their children. That child is indeed very fortunate who has a good father and mother, but comparatively few children are endowed with such a blessing.

Almost every person is afflicted with some ailment, some mental or physical defect. How many people are in perfect health? It is doubtful if there is one such in a hundred. Natural law, if obeyed, would in time regenerate humanity and restore all, at least a large majority of people, to perfect health, because, while

REALIZATION

we are burdened with inherited imperfections, physically and mentally, they can all be eradicated in time, if we only live in harmony with the laws of nature. This is a consoling thought.

We are taught, and it is probably true, that every person is recreated in from five to seven years; that the process of elimination and recreation is constantly going on within us, and if we only live right and yield ourselves to the full force of natural law, we will the sooner become regenerated, healthy and happy. When we

REALIZATION

stop to consider how people disregard the laws of life and actually trample the laws of nature under foot, so to speak, the wonder is that the race is as well and strong as it is.

Ignorance is a great obstacle in the way of progress. People do not think right. They do not reason right. As a man thinketh, so is he, has been truly said. Thoughts largely control action. The mind must be master of the body. If so, good thoughts, correct, healthy thinking will ultimately produce a healthy body. Immoral thoughts will pro-

R E A L I Z A T I O N

duce immoral desires. Pure thoughts invigorate both the mind and body. They are a better tonic than any medicine. Good, pure thoughts strengthen the will, increase courage, give vigor to the brain, health to the body and love to the heart.

There are two roads that lead out from every person. One leads to health, strength, beauty, long life, honor and happiness; the other to sickness, sorrow, gloom, disease and death. The allurements and temptations are many, and it requires courage and will

REALIZATION

power to resist them.

There is nothing more utterly false and misleading than the idea that success is measured by the amount of money or property acquired. A successful life is a clean, healthy, useful, happy life. Right thinking and right living is the road to success. It is success. Just as soon as we commence to think right and live right we are already successful, and become more and more so every day we pursue this course. The very thought that we are improving our condition and becoming stronger

REALIZATION

increases our confidence and happiness.

Success is within the reach of all; the poor and the sick, as well as the rich and the strong. Just live right, think right and act right. Be honest with yourself. You know what is right. Just simply have the courage to do what you know to be right in all things and when you do, you have already entered the gateway to true happiness. You will have attained success that is beautiful and lasting and that will crown your life with honor and plenty. A vast ma-

REALIZATION

majority of people do not think right. They may think that they are wise, but they are not. They delude themselves. They wander away from the right path into the bewildering fog of ignorance and dissipation, and then complain and grumble because they have not succeeded, when failure was all their own fault.

One must not only think right, but act right. Will power must be cultivated. If you are easily influenced to do what you ought not to do and what you afterwards regret having done, cultivate and

R E A L I Z A T I O N

strengthen your will power. Do not yield to evil inclinations. Be firm. If you are asked to do something that your judgment and conscience tell you that you should not do, refuse. You will be stronger for the position you have taken and will have more confidence in yourself and be more respected by others. Every stand taken for the right and against wrong will increase your self-respect, and it will become a positive pleasure to resist and overcome temptation. Have faith in yourself that you will succeed. When

R E A L I Z A T I O N

you determine that you will succeed and have faith that you will, your success is almost certain.

A vast majority of people are in moderate circumstances financially, and a large number are very poor, while many are wealthy, and a few are very rich. This unequal condition has always existed and probably always will. It will unless the people come to a better understanding of themselves and act differently from what they have heretofore. This difference is largely attributable to ignorance. Ig-

R E A L I Z A T I O N

norance can only be overcome and obliterated by proper education; not that character of education which consists entirely of book learning, but that better and far more useful education which teaches us how to make the best use of life. First, how to reach the highest, best, and most perfect development, physically, mentally and morally, that we are capable of attaining, and when this is accomplished, then to live in such a way as to get the most out of life for ourselves, and to do the most for our fellowmen. A proper

R E A L I Z A T I O N

education promotes health and beauty and happiness. With health, physical strength and vigor, come increased mental power, clearer vision, better thought, and better understanding; more courage to grapple with the difficult situations of life; such a person is more resourceful in all respects. This education is acquired by personal effort, by self-denial, and self-sacrifice.

Each individual is largely, almost entirely, responsible for his own condition. If you do not get along in the world, it is your own fault in most in-

REALIZATION

stances. Every one can be healthy, strong, prosperous, and happy, if he only makes the proper effort. Each individual must work out his own salvation. This requires courage, persistent determination, faith, and perseverance. You can conquer your evil propensities if you determine to do so, by your own persistent, mental effort. No one else can work it out for you. It is something you alone can do.

I have said that there are only a few people in perfect health. This is a sad and deplorable condition.

R E A L I Z A T I O N

Abject poverty with added sickness and suffering is indeed very discouraging. When we scrutinize closely the physical, mental and moral condition of the people, we find a large class which certainly do not present a very hopeful outlook for the future. A vast number of people are almost continually under the doctor's care, or are taking medicine of some kind. Doctors and medicine may give temporary relief, but they do not and cannot remove the cause of the trouble, and until the cause is removed, the trouble will con-

REALIZATION

tinue. Every person, who is not sick beyond recovery, has the power within himself to restore himself to health, and each individual has the power within himself to accomplish the great work of regeneration and in this way decaying and discouraged humanity may be redeemed from the thrall-dom of disease, poverty and ignorance, and the human world clothed in strength, beauty and happiness.

Health, prosperity and happiness are in the easy reach of almost every person, yet strange to say, people grope

REALIZATION

in darkness and grumble and stumble along when they can more easily walk in the pure light of reason and sound common sense. If you are sick, live right and you will be restored to health. You will not recover in a day or in a month or in a year, perhaps, for you may have been indulging for years in some excess or improper habit, or even in some vice, consequently a disease that is the result of years of excessive indulgence, or improper living, will not disappear immediately, even if the cause is removed, but in many

R E A L I Z A T I O N

cases improvement will be rapid and in all cases restoration will finally be accomplished, if a correct course of conduct is firmly adhered to.

The remedy I suggest for sickness, suffering and poverty is with the view of especially aiding the great, struggling masses, but it is equally good and useful for the rich, even if they are better able to help themselves. It is the sacred duty of every person to be healthy. You can be healthy and will be if you live right. Industry, economy, and right living will bring prosperity

R E A L I Z A T I O N

and happiness.

Any young man, no matter how poor he may be, if he will only live right, can support a wife, and with the assistance of a good wife, can establish and own a home and be independent. Many will say, "Oh, that is impossible." It is not impossible. The right kind of a man with the right kind of a wife, working together in love and harmony, will acquire a home and will be perfectly happy while engaged in that very laudable duty.

Every man should marry.
Every man should have a wife

R E A L I Z A T I O N

and a home. He may be a laboring man and work for small wages. Even so, if he and his wife truly love each other, they will plan and economize and will strive to own a little home, and little by little they will furnish it, and although the furnishing may be cheap and plain, the home will be kept so clean, neat and cozy that it will at least be inviting, cheerful and sunny, and such a home is beautiful in the estimation of a properly educated person. The husband and wife love each other. They have consecrated them-

REALIZATION

selves to each other, to their home, and good citizenship.

Love is the most divine, the most ennobling influence that enriches and beautifies human life. Without love and the sentiments emanating from it, life would be a failure. Love is radiant and beautiful. It sanctifies everything that comes within the radius of its influence. The man who truly loves his wife is a better man and better citizen, and is more courageous than he otherwise would be. He goes gladly to his task, and his work is lighter. It is a pleasure to work

REALIZATION

for some one he loves. He loves his wife, she loves him. He is working for her and their little home; she is working for him. They both love their home. He does not spend any money for tobacco or beer, because he cannot afford the expense and he knows that he will be better without them. He saves his money to beautify his home. He is clean, healthy, strong, and manly, because he does not dissipate in any way. He lives a clean, healthy life. He spends his leisure hours at home. He enjoys planting and cultivating

REALIZATION

flowers and vines, or helping in some way to beautify his home and make it more attractive. He has no desire to spend his time at clubs or about saloons, because his love and interest is centered in his home. It is a more beautiful place. He would rather remain at home with his loving wife and work in the garden or read than to loiter in a saloon. His wife is a lovely woman. She is beautiful. Contentment and happiness promote beauty. She is refined and intelligent as well as industrious. She loves her hus-

REALIZATION

band because he is a worthy man and besides he is always kind to her and considerate of her happiness and welfare. She has faith in him. She knows that he is honest and truthful and is true to her, and because she instinctively knows this and knows him to be in all respects a strong, honest, manly man, she loves him devotedly, and, notwithstanding he may be poor and always remain in the ranks of toil, to her discerning eye, he is an ideal man. He has made her life supremely happy. She is proud to be his wife and proud

R E A L I Z A T I O N

that he is the father of her children. By their united efforts and devoted love, they have established a home. Their fireside, humble though it be, is a sacred altar, consecrated by true love, by manly and womanly devotion. It is an honored happy home. The children emanating from such a home will probably be good and useful citizens. Such homes tend to make a nation strong and great. The influence of such homes reach out toward a higher and grander civilization. Such a home is within the reach of every man

REALIZATION

and every woman. To have a home and be free from debt, and have a little money besides, brings contentment, and contentment promotes health.

Why should so many suffer with disease and sadly struggle on with poverty when relief from all these ills is within their reach? Pause and seriously think and you must admit that this is true. Herbert Spencer says in one of his books that ordinarily half of life is thrown away. Why not save it? How much better, stronger, and happier the race would be if we would

REALIZATION

only save the half of life that is wasted,—If what Spencer has said is true. The mad scramble for money is a fearful evil. People will lie, cheat and steal for money. They sacrifice honor, integrity and chastity for money. Some of our rich men are very dishonest. They have acquired great wealth by fraud, deception and commercial trickery, but it does not bring happiness. They hire a venal press to aid in their dishonest methods. They even attain to high office and distinction, but any pretended honor they may achieve,

REALIZATION

or confer upon others whom they advance to position that they may be used to aid dishonest schemes, is artificial and will not endure.

Good character, honesty, and a true life of love and devotion to duty is worth far more than money.

To have good health you must think right and live right. Live a true, loving, kindly life. Health promotes beauty. Every one should, by thought and action, strive to become more perfect and more attractive. Attractive people get along in the world much bet-

R E A L I Z A T I O N

ter than sour and morose and homely people. I believe that almost every woman can be attractive if she only makes the proper effort. Nature sought to make woman the most beautiful object in all the world and to a large extent this purpose has been accomplished, but many women are not as beautiful as they would like to be, and as they ought to be, and could be, if they would think right and live right. It is the duty of every woman to be as beautiful as possible. The first essential to beauty is health.

R E A L I Z A T I O N

Perfect health is necessary for perfect beauty and in order to have health, one must live in harmony with the laws of nature, the laws of God. Live a clean life. Cleanliness is the most important virtue. The laws of health require plenty of sleep and good, plain nourishing food in moderation. Food thoroughly masticated is the more stimulating. Exercise is better than medicine. The passions and temper should be kept in subjection. Anger is very hurtful to health. It generates a poison in the system. Do not fret and scold.

REALIZATION

Live a clean, sweet, gentle, kindly, useful life and you will be beautiful and lovely, and make others happy and you will be happy. Such a woman will be loved and almost worshiped. The lovable are loved. This is always true. If you wish to be loved, make yourself lovable by living a good, true, pure life and you will certainly accomplish your object. You will not only be loved, honored and admired, but you will accomplish a great deal of good in the world.

All of these beautiful traits

REALIZATION

that are essential to perfect, splendid womanhood may as easily adorn the wife of the laboring man as the wife of the millionaire. The children of such a woman, with a good, true, healthy, loving husband, will be healthy, strong, beautiful and intelligent. They will be carefully and properly trained and educated and will grow up to bless their home, honor their parents and make good citizens. Such people make a nation strong and great and advance the cause of civilization. Such people are truthful, honest, and love

REALIZATION

justice. So it will be seen that that course of life which brings health, happiness, love and beauty to the home of the toiler brings safety and prosperity to the nation. Good, splendid, honest men and women are the most precious and valuable possession of any country. Those essential qualities that promote the happiness and welfare of the laboring people, promote the best interests of the country.

My object is to bring relief to the gloomy, discouraged and poor, by suggesting a remedy that is within the

R E A L I Z A T I O N

reach of all, a heaven here as well as hereafter. A little cozy cottage home with vines and flowers and butterflies about its doors and windows, where the atmosphere is redolent with the fragrance of roses, the home of a strong, honest, manly, intelligent man and a pure, beautiful, refined woman, who love each other devotedly and who are worthy of each other's love, is the heaven here. Is this not better than beer and tobacco and the fumes of the saloon? Is it not better than disease, filth, and degradation?

R E A L I Z A T I O N

Then why hesitate to accept life and health and love and happiness? Have faith. Make the effort. Exercise your will and determination. You alone can do this. No doctor or minister or friend can do it for you. Your success depends upon yourself. As soon as you determine to pursue this new course of life, it will be a pleasure to take the first step, because you can see that your reward is certain, and the further you go on the right road the stronger and happier you become and the more determined to succeed. Your ef-

REALIZATION

fort becomes a pleasure that you pursue gladly. As you leave off the old habits and take on new life and health, and the mind emerges from the miasma of dissipation, and by a clear vision you see the beauty of a free, clean, healthy life, you realize a happiness you have not before known.

Individual right living can redeem a people. The simple life is the useful, happy life, and the simple precepts and suggestions herein are worthy of the consideration of the rich as well as the poor. Health is necessary to the enjoyment

REALIZATION

of life. Many rich men are miserable because they do not live right. Disease is the penalty for disobedience, for sin, and a man who commits a crime injures himself more than any one else. Crime is illogical and foolish. A rich man who accomplishes by bribery what he can not do legally is a criminal, and he may reasonably expect his children to be like him. A man can not be a liar and dishonest and gain success by bribery and expect to have honest children. You can not cheat nature. Healthy, hon-

REALIZATION

est children are the best product of any country. Good blood and good breeding count for very much. A child who has inherited the taint of disease and crime may, by proper education and culture, eliminate the same and become healthy and honest. This requires understanding, care and diligence. Utter abject poverty is degrading in effect. Very poor people are likely to become discouraged and lose hope and drift into dissipation and crime. No matter how criminal, dissipated and degraded people be-

REALIZATION

come, they admire the pure, the beautiful and the good. Success is accomplished by individual effort. In this way, a nation is elevated and made strong.

The excessive love of money is an evil to be guarded against. In fact it is the greatest of all evils. To live a clean, true, honest, healthy life is far more noble and worthy of honor than the acquisition of great wealth. Wealth acquired by honest industry, economy and prudence is honorable, but one who takes advantage of others by decep-

REALIZATION

tion or imposition, and deprives them of their property, or curtails their opportunities, is not much, if any better than a thief. C

There is an honest and a right way to live, and it is the way that brings the most happiness to the individual, and the most benefit to the community and state. If all were honest, kind, industrious, and healthy, the world would be a far more delightful place. There would be more love, confidence and courage. There would be no more gloom, despair and suicide. Every

REALIZATION

heart and home would be the abiding place of joy. Joy would sing to a bright and radiant world its sweetest songs. All sad, sour, sickly, melancholy faces would disappear. Pale, sad women and vicious, dissipated men would soon be imbued with new life. The smile of joy and gratitude would chase away the gloom of despair. What a lovely world this would be. All would have plenty. All would be happy.

Good and evil are set before every one. Choose the good and be happy. Choose

R E A L I Z A T I O N

the evil and be miserable. Health is for all, but few accept it. Disease is an effect produced by a cause. Remove the cause and the effect disappears. Better still, avoid the cause and there will not be any disease.

The first step towards health is to think right. Be more self-denying, more self-sacrificing, be kind and helpful to others. This may require a great effort, but the effort becomes a pleasure. To be kind, loving and helpful to others will bring happiness and influence. Love is power. Love

R E A L I Z A T I O N

and kindness will disarm an enemy. If one nation is loving and kind to another, there will be no war. Love is a most potential influence.

Thought and intelligence enable us to see and appreciate the beautiful side of nature and the true life. One does not have to be rich in order to think. The poor can read and think and understand as well as the rich. Poverty can not bar out wisdom; it can not fetter the mind. If each individual will silently resolve to reform his mode of life, to think right and act right in all

REALIZATION

things, and will patiently, persistently and faithfully carry out this resolution, force and influence will thereby be created, which will elevate the nation and bring peace, health and happiness to the world.

Love is the most potential influence we know. Love will conquer where bayonets and battleships fail, and when the world is animated by a spirit of righteousness, war will cease and crime, dissipation and misery will disappear.

Environment has much to do in the formation of character. We are imperceptibly,

REALIZATION

but naturally affected by our surroundings, by the elements in which we live, the air we breathe, the food we eat, by what we drink, the clothes we wear, the society in which we live, as well as those with whom we associate. The climate in which we live, the books and papers we read, all have an influence over us. We become more and more like that which we come in constant contact with. We unconsciously acquire the mannerisms of those about us. We naturally adapt ourselves to our surroundings. We grad-

REALIZATION

ually yield to conditions.

“Vice is a monster of so
frightful mien,
As, to be hated, needs but
to be seen
Yet seen too oft, familiar
with her face,
We first endure, then pity,
then embrace.”

A child reared in a home of refinement, among clean, gentle, cultured people, is more likely to be a good citizen than one who is reared among coarse, vulgar, profligate people. Of course, there are exceptions to all rules. In some cases inherited evil tendencies

REALIZATION

are so strong that they can not be restrained even by the best environment, and in other cases inherited good tendencies are so predominant that they overcome the influence of evil environment, but these cases are exceptions to the general rule.

A clean, well regulated, orderly city, adorned with trees, shrubbery, flowers, gardens, splendid parks and plenty of music promotes the virtue, patriotism and integrity of its inhabitants, while a filthy city breeds crime and criminals.

The problem of self-govern-

REALIZATION

ment is yet to be solved. Its permanent success really depends more upon the character and intelligence of the people than anything else. So long as the people think right and have the courage to do right, our future as a nation is secure.

We each have much to do in making our environment. As we improve ourselves, we improve those about us. A good environment means far more than most people realize. Take two children of equal age and equal natural advantages. Have one brought up

REALIZATION

in a clean, beautiful home, among kind and gentle, refined, cultured people, and the other in a disorderly home, among coarse, vulgar, slovenly people, and bring them together again at twenty years of age, and, as a rule, with some exceptions, you will notice a marked difference in them. Environment has an important bearing on life. One who realizes this fact can, if he will, resist and overcome the evil effects of bad environment.

Unless we do recognize the danger of the evil influences

REALIZATION

that we come in contact with, and by silent thought, mental energy and will power repel them, we passively and imperceptibly drift into the evil way.

Health, happiness and destiny we can control. They are within our grasp. If we energize our mental faculties and see and realize the unfailing beauty and charm of the true, contrasted with the false course, we can by exercising will power gradually grow into a strong, healthy, happy, beautiful life. This we alone can accomplish. Others can not do this for us. The

R E A L I Z A T I O N

mind, mental energy, will power, correct thought, mental and physical effort, with faith is the medicine that will bring you out of a sickly, evil, gloomy environment into a serene, healthy, happy, beautiful life. Take courage. Master all your mental and physical energy. Realize that there is a better life for you; that it is within your reach; that it is yours almost immediately. When you have determined to live the clean, simple, kindly life, joy beckons you on and on and sings to you as you toil, and strews your pathway

REALIZATION

with flowers of hope that gladden the heart. If you are unhappy, it is your own fault. God will help those who help themselves. He will give wisdom to those who think.

Habit is a course of conduct acquired by frequent repetition. When fixed, it becomes second nature. It may be either intellectual or moral. In acquiring habits, the favorable disposition of the mind is of the greatest importance. Cleanliness, health, freshness, and vigor of the bodily system are conditions of the growth of habit. We find in man pe-

REALIZATION

cularities of mind, temper and thought, which are really the outgrowth of habit, appearing and reappearing in families and races.

Physical and mental disease are hereditary. Mental even as much as physical. The suicidal impulse, as well as the uncontrollable desire for stimulants, although the result of habit, may be the heritage of a child. Habit is a growth. It may be acquired by a community, a race, or a nation, as well as by an individual. Community or national habit is the result of individual con-

REALIZATION

duct. Not only is individual welfare and destiny largely shaped and determined by habit, but its influence reaches and affects more or less the condition of the whole people. The influence of habit is far reaching and the result can scarcely be measured or determined. Habit is the result of conduct. By mental effort, by the exercise of will power, conduct is controlled.

Habit may become so strong as to be master of the mind. This is a dangerous condition. An individual may acquire the habit of using intoxicants,

R E A L I Z A T I O N

drugs, or even tobacco to that extent that it overcomes and masters the mind and will. A person in such a plight is indeed pitiable. Knowing the strong, predominating influence of habit over the conduct, we can appreciate the importance of forming good habits. People should be moderate in all things. The use of tobacco in moderation may not be hurtful, it may even be beneficial in some cases, (but when smoking causes one to expectorate, he should not smoke.)

Many people eat too much. Over eating is a fruitful cause

R E A L I Z A T I O N

of disease. People should not eat unless they are hungry, and should eat when hungry and if possible eat what the appetite calls for. Food that is relished is more easily digested, more quickly assimilated and better nourishes the body than does food that is not relished. They should not eat if they are angry, worried or agitated. Anger is very injurious to health. It is a condition that should be avoided.

Cleanliness is the highest and most important virtue. In order to have perfect health, one must live clean,

REALIZATION

The mind controls the body. A good mind, firm, just and peaceful, promotes health. Mental courage, mental energy, mental honesty and purity lead to right conduct. We are what we make ourselves. Be not greedy, avaricious or parsimonious, and yet be frugal, economical and prudent. Extreme poverty and extreme wealth are equally bad. To live an industrious, clean, contented, healthy life is the course of wisdom.

Habit makes all things easy. Make cleanliness a habit, and then to be otherwise would

REALIZATION

produce discomfort and misery. Make sobriety a habit and intemperance will be disgusting. Make prudence and economy a habit and reckless profligacy will be contrary to the disposition of such a person. Give a child the habit of sacredly regarding the truth, carefully respecting the property of others, and it will abhor lying or stealing. Many young men who live in a city acquire the habit of going to a club or saloon in the evening, where they spend their money for cigars and drink, and in treating others, and wasting hours

R E A L I Z A T I O N

and hours of precious time, and really injuring their health, and wasting their money while if they would remain at home and devote their time to reading good books, they would save their money, preserve their health, and would become stronger physically and intellectually, and therefore better capable of enjoying the blessings of life. In fact, they would be better in every way.

The word **home** has a pleasing sound. There is something about it (the word **home**) that is fascinating and

REALIZATION

sacred. Home means so much. Associated with it are the words father, mother, love. Every person should have a peaceful, happy home. I hold to the doctrine that nearly every person can have good health if he make the proper effort. Of course, some will suffer from accidents, some by unavoidable exposure to extreme heat or cold or storms. I refer to the thousands of sick who have no such excuse, and whose sickness and suffering is caused by their failure to live right. I will admit that much sickness is the result of

R E A L I Z A T I O N

ignorance. Many people really commit suicide without knowing it. They do not do it intentionally, but ignorantly. They do not pause and meditate and understand. Of course people grow old and die. This is natural. People should die of old age. Such a death is painless. It is sleep and rest. There is placed before us the good and evil. We can choose either. The evil leads to sickness and suffering, the good to health and happiness. We are always making excuses for ourselves. We purposely deceive, or try to deceive our-

REALIZATION

selves. We knowingly persist in doing what we realize is hurtful and say to ourselves that we will later reform, and keep putting it off until it is too late. The thing to do is to resolutely stop now. Be firm. Just say, "No, no, no, I will not eat too much; I will not smoke too much; I will not swear because it is silly; I will not be a liar, because it is cowardly and pusilanimous. A persistent liar is really the weakest and most contemptible character imaginable. I will not indulge in any excess, but I will commence now to

REALIZATION

live a clean, true, helpful, kindly life." The moment you form such a resolution and firmly determine to live up to it, you feel better, and the longer you continue to firmly adhere to it, the better you feel and the stronger you grow. Life presents a brighter outlook. You are better able to resist temptation. In fact, you begin to derive a positive pleasure from living a clean, honest, kindly life. You perform all the functions of life with keener zest. You sleep better and are more refreshed by sleep, because you feel free

REALIZATION

from fault and fear.

One may acquire the habit of idleness and waste hours and even days in fruitless talk with other idlers, discussing questions that do not improve the intellect, possibly telling or listening to vulgar stories that are disgusting to a person of refinement. If every person would live a clean, honest, industrious life, how quickly would conditions improve. If every one would even make an effort to live a more perfect, useful life, conditions would quickly improve. Health would improve. Happiness

REALIZATION

would gladden the world.

A vast number of people are living unclean, unhappy lives. They are poor, sickly, in debt, and discouraged, and almost hopeless. In most cases, these sad, gloomy, suffering, people are themselves to blame for their condition. How quickly could this gloom be dispelled, and joy and gladness be brought into every sorrowing home, if the proper effort was made.

For instance, here is a laboring man who is young and strong. He has a wife and one or two children. They do

R E A L I Z A T I O N

not own a home, but rent a cheap house in an undesirable neighborhood. (There would be no undesirable neighborhoods if all people were good.) This, to start with, is a handicap, so to speak. The wife is good and true, and manages the best she can. The price of provisions has increased, they have sickness, doctors' bills, and other extra expenses. The husband drinks, smokes, plays the slot machines. Bills come in that can not be paid. Creditors are persistent. They write or speak harshly to the poor, struggling little wife,

REALIZATION

who is at her post doing the best she can. The husband finds gloom at home and goes to the saloon, where the lights are burning brightly, and he finds more cheerful surroundings. Business is dull. Some of the men must be discharged. This one drinks. He is not so efficient as the one who does not drink. He loses his position. He has no money. He is in debt. His wife and children need clothing. In fact, he needs clothing himself. What will she do? What can she do? They are really subjects of charity. She is forced

REALIZATION

to go with her children to her parents, if she is so fortunate as to have parents living, or to some relative or to strangers, or to place her children in a charitable institution and go to work in order to live. What a heartrending tragedy this is! A wife separated from a husband, from her children, whom she loves as only a mother can love, her pride crushed, her very heartstrings torn and broken, her husband a dissipated idler. This is indeed a sad picture, yet it is not overdrawn. There are hundreds such. You will find them

REALIZATION

everywhere.

There is an element of weakness more or less pronounced in almost every person. All persons are largely governed by circumstances. Such cases as I have just described lead finally to the divorce court. Many, who do not understand, blame the law for our increased number of divorces. It is not the fault of the law, but it is attributable to the bad condition of society. Reform society. Change conditions. Re-establish society on a clean, honest, industrious basis, and homes will be more

REALIZATION

securely established and the marriage relations more sacredly maintained. Those whom God joins together usually remain together. Love, like a plant, is susceptible of cultivation. It may grow stronger and more beautiful, or it may be starved out and die from neglect. I have presented a picture of a neglected home and its bitter fruits. This picture is not overdrawn, but it is true to life in many cases.

A young couple marry and truly love each other. They are accustomed to poverty.

REALIZATION

They have seen the hideous monster face to face and they are determined to keep out of reach of its merciless teeth. Its bite is keen and very painful to a sensitive person, so they actually take pleasure in being very saving and economical, as it brings them further and further away from the monster. Saving becomes to them a habit as well as a pleasure. They think. They have thought the subject of their condition over and over carefully, and they have discussed it fully. They realize that industry and economy are nec-

REALIZATION

essary to their success, that these two virtues will finally bring them to a position of safety.

Their love for each other is genuine. They strive to make each other happy. Little, kindly attentions, sweeten life. Love inspires ambition, increases faith, strengthens hope and intensifies all the pleasures of life. It arouses the finer emotions, the better impulses, and adds to life in the humblest cottage a charm and beauty that seem divine.

It is indeed the divinest influence we know. Gentle wo-

REALIZATION

man, pure, sweet, beautiful, tender and loving, is the most charming thing created. Even in the little home, humble though it be, where there is mutual love and confidence between husband and wife, there will exist the greatest happiness man or woman can know. The grandest and best position that any woman can occupy is to be the good wife of a good man. There is nothing more precious than a woman's love.

A man who can see no success except in money, in wealth, is deluded. I do not

R E A L I Z A T I O N

condemn wealth. It may be and often is a blessing. It is so especially in the hands of those who use it, not to oppress, but to bless the deserving poor and unfortunate.

But what I would impress upon those who are poor and sick and discouraged is that they do not have to acquire wealth in order to be happy, that health and happiness are the rewards of nature, to all who will accept them. Health and happiness are within the reach of the poor as well as the rich. The rich have responsibilities and burdens.

REALIZATION

which the poor do not know. There never was a time when the wealth of the world was evenly divided among the people and there never will be.

There is a vast variety of talent. One person has the money making talent, while another of even greater ability has not, but has a talent for doing something more useful to society. All have within their reach those things which give happiness, comfort and health to a rational person.

The secret of success is excellence. "There is no excellence without great labor."

REALIZATION

Whatever you do, do it well. A man who thoroughly understands his business, whatever it may be, and does his work perfectly, is a success and will be so recognized by his associates and the community in which he lives. A young man may be ambitious and desire political honor, but while this is laudable, he should remember that there are only a comparatively few official positions, while there are hundreds of opportunities as good and even better than official positions presented to every man. The pleasures of office

REALIZATION

are not what they seem. The burdens and cares of office are many for an honest man and the pleasures are more apparent than real. There are opportunities for every man, no matter what his business may be, to become successful and happy. If he diligently and faithfully pursues his vocation success is almost certain to crown his efforts.

Some may and often do rise above their environment, while others sink below it. Environment is a potential influence, but it may not overcome inherited tendencies and sometimes both give way to habit.

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